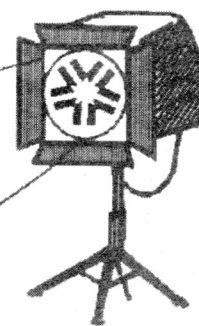


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XXI, ISSUE 7

A newsletter for D.C. Seniors

July 2006

Celebrating Older Washingtonians and 30 years of the Office on Aging

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Celebrating 30 years of aging services in the District of Columbia, the Office on Aging continues to fulfill its mission by working in partnership with the D.C. Commission on Aging.

D.C. Law 1-24, which established the office, also established the commission — a citizens advisory group appointed by the Mayor with the advice of the D.C. Council. Members serve up to two consecutive three-year terms.

Commissioners carry out their advisory work in partnership with mini-commissioners. Many appointed commissioners were just as active in their respective mini-commissions.

The Commission on Aging recently hosted their annual *Intergenerational Poster Contest* in partnership with local schools in Washington, D.C. Winning artwork and artists are in this issue.

It's summertime and the living is easy at family reunions, backyard barbecues, picnics and other outdoor activities. When it gets too hot, cool down and slow down! You must remember to drink water, iced tea, lemonade or other non-alcoholic beverages to prevent dehydration.

Also, please check in on the homebound to make sure they are staying cool. Let's look out for the elderly who are frail, disabled and vulnerable to heat stress. Look for more tips to help keep you safe during the warm temperatures.

As you celebrate America's independence festivities, stay safe, cool and enjoy the month of July.

Ms. Senior DC Pageant 2006

Celebrating Mardi Gras in Honor of Hurricane Katrina Victims

And the winner is...

- A. First Runner-up Kaye D. Henson also Best Philosophy of Life winner and Best Talent winner.
- B. Second Runner up Bertha D. Graves.
- C. Estelle G. Owens won Miss Congeniality as voted on by fellow contestants.
- D. Nancy Tatum Bradley during the evening gown competition.

Ann Thomas
Ms. Senior D.C.
2006, a retired
educator and
principal.



**Have you been
tested for HIV?
Know your status.
For more information,
call 202-727-2500**



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

WE NEED YOU!

Become A Mini-Commissioner on Aging

The following is a listing of mini-commission on aging meeting dates:

Ward One Mini-Commission Meeting

Jacquelyn Arquelles, Commissioner on Aging, Ward 1

Brenda Williams, Commissioner on Aging, Ward 1

Date: 3rd Thursday, monthly

Time: 3 p.m.

Place: Harriet Tubman Elementary School
13th and Irving Streets, N.W.

Questions: Call Janie Boyd, 202-462-7767

Ward Two Mini-Commission Meeting

Iris Harris, Commissioner on Aging, Ward 2

Mary Gardner Jones, Esq., Commissioner on Aging, Ward 2

Date: 4th Thursday, monthly

Time: 10:30 a.m. to noon

Place: Kennedy Recreation Center
1401 7th St., N.W.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Three Mini-Commission Meeting

Ruth Nadel, Commissioner on Aging, Ward 3

Date: 2nd Wednesday, monthly

Time: 9:30 to 11 a.m.

Place: IONA Senior Services Center
4125 Albemarle St., N.W.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Four Mini-Commission Meeting

Lillie Jones, Commissioner on Aging, Ward 4

Annette Jones, Prospective Commissioner on Aging, Ward 4

Mary Sanford, Chairperson Mini-Commission on Aging, Ward 4

Date: 2nd Thursday, monthly

Time: 10 a.m. to noon

Place: 4th District Precinct
6001 Georgia Ave., N.W.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Five Mini-Commission Meeting

Harriett Brockington, Commissioner on Aging, Ward 5

Constance Fields, Mini-Commissioner on Aging

Susie Barnes, Mini-Commissioner on Aging

Carliss Moore, Mini-Commissioner on Aging

Date: 2nd Monday, every other month

Time: 10 a.m. to noon

Place: Model Cities Senior Wellness Center
1333 Emerson St., N.E.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Six Mini-Commission Meeting

Ernest Postell, Commissioner on Aging, Ward 6

Date: 3rd Saturday, monthly

Time: 9:30 a.m.

Place: Saint Paul's Christian
Community Church
414 Tennessee Ave., N.E.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Seven Mini-Commission Meeting

Elfrida Foy, Commissioner on Aging, Ward 7

Date: 2nd Monday, every other month

Time: 11 a.m. to noon

Place: Hillcrest Recreation Center
3002 Camden St., S.E.

Questions: Call Verdelle Hairston, 202-727-8363

Ward Eight Mini-Commission Meeting

Alethea Campbell, Commissioner on Aging, Ward 8

Date: 2nd Thursday, monthly

Time: 10 a.m. to noon

Place: Congress Heights Senior
Wellness Center
3500 Martin Luther King, Jr. Ave., S.E.

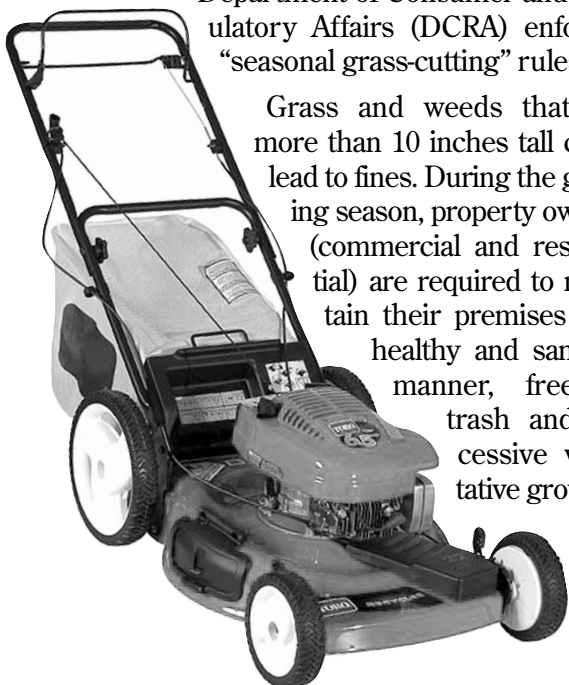
Questions: Call Verdelle Hairston, 202-727-8363

Department of Consumer and Regulatory Affairs Notifies Residents of Seasonal Grass-Cutting Rules

Did you know uncut grass could cost you \$500?

Each year, from May 1 through October 31, the Department of Consumer and Regulatory Affairs (DCRA) enforces "seasonal grass-cutting" rules.

Grass and weeds that are more than 10 inches tall could lead to fines. During the growing season, property owners (commercial and residential) are required to maintain their premises in a healthy and sanitary manner, free of trash and excessive vegetative growth.



Grass pollen is a common trigger for asthma and allergies. Keeping grass cut can be a part of an overall preventative strategy to control respiratory illness. Excessive growth can harbor rats and other vermin, leading to serious public health implications.

DCRA regulations cover all types of excessive vegetative growth including: kudzu, poison ivy, plants with obnoxious odors, weeds, grasses causing hay fever, and any weed growth that creates a breeding place for mosquitoes. Regulations require that these weeds not be in place more than seven calendar days. Weeds may be defined as, but are not limited to, poison ivy, poison oak, poison sumac, and all vegetation at any state of maturity which:

- Exceeds 10 inches in height, is untended, or creates a dense area of shrubbery that is a detriment to the health, safety and welfare of the public;
- Regardless of height, creates a harbor

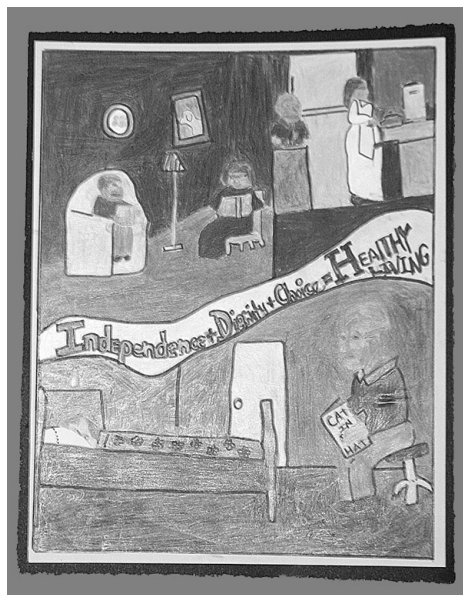
(including hiding places for persons), or a concealment for refuse or trash;

- Develops into deposits, or accumulation of, refuse or trash;
- Harbors rodents and vermin or provides a refuge for snakes, rats or other rodents;
- Creates an unpleasant or noxious odor;
- Constitutes a fire hazard; or
- Contains grass or weeds that are dead and diseased

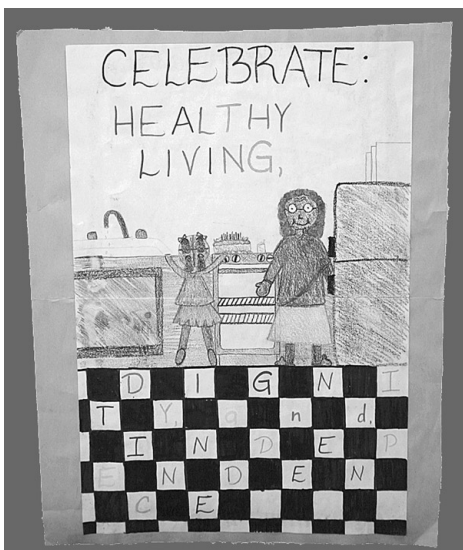
Failure to comply with a Notice of Violation during the growing season may result in the District abating the property and imposing fines, penalties and fees on the owner.

Residents can report violations and request grass and weed cutting services by calling 202-442-4400 or by visiting the Service Request Center at <http://src.dc.gov/>.

D.C. OFFICE ON AGING NEWSLETTER



Jovell Avery-8th grade, Kelly Miller Middle School



Courtney Grayton, 7th grade- Hine Junior High School

Poster Contest Winners Honored

A Message from the D.C. Commission on Aging

The D.C. Commission on Aging recognized District students for their participation in the Calvin W. Rolark Intergenerational Poster Contest. The theme for this year's poster contest was Independence + Dignity + Choice = Healthy Living. Monetary awards, contributed by the United Black Fund, were presented to 10 D.C. students.

This year's theme was chosen to emphasize the significant contributions that youth and elderly make to each other's lives. The sharing of experiences and knowledge is vital to development of well-rounded young people. Also, seniors enjoy and learn from this special interaction.

This is the Fourteenth Annual Intergenerational Poster Contest held to promote intergenerational interaction and the many ways that the youth and elderly share in each others' lives. It was with special memory for the Honorable Wilhelmina Rolark, Esquire.

The following students are the poster contest winners:

Courtney Grayton, 7th Grade, Hine Jr. High, Instructor: Camilla Younger

Portia West and **Jovell Avery**, 8th Grade, Kelly Miller Middle School, Instructor: Sylvia Ewing

Chester Chatman and **Terrence Nails**, 6th Grade, Ketcham Elementary School, Instructor: Donna Simpson

Melinda Chandler, 3rd Grade, and **James Chandler** and **Aaron Treadwell**, 6th Grade, Slowe Elementary, Instructor: Diane Barnaby

Adrianna Nelson and **Christina Robinson**, 4th Grade, Nannie Helen Burroughs School, Instructors: Margaret Nelson and Mildred Beck

Keeping cool

When a heat advisory is issued, the combination of high temperatures and humidity can be a deadly mix for the elderly and children. Excessive heat combined with high humidity can make the temperature feel like it is above 100 degrees even if air temperatures are in the low 90s.

Follow these tips when trying to keep cool:

- Do not go out unless you have to. Try to reschedule your appointments for another day.
- Drink plenty of decaffeinated liquids, especially water. Try to stay in during the mid-day hours.
- Wear light colored, loose-fitting clothing of lightweight materials.
- Stay cool by taking frequent baths and showers, drinking water, wearing lightweight clothing, and turning on air conditioners or fans.
- If you do not have a working fan or air conditioner, consider going to a senior center or another public place where you can cool off.
- If you decide to stay indoors without air conditioning or fans, reduce your activity during the day. Limit cooking by eating light, or do your cooking in the early morning hours.
- Neighbors, friends and relatives are urged to check on older persons who might be at risk, especially the frail elderly.
- When checking in on the homebound, if you discover that the temperature is too hot in their home, assist the senior in trying to keep cool by opening windows, closing drapes, and giving the person cool drinks of water.

D.C. SENIORS: PROTECT YOURSELVES FROM FINANCIAL ABUSE!

SPONSORED BY THE D.C. OFFICE OF THE ATTORNEY GENERAL, THE U.S. ATTORNEY'S OFFICE, AND THE D.C. OFFICE ON AGING

Topics will include:

- **Did you win \$10,000,000? Learn how to spot sweepstakes & lottery scams.**
- **Can you make millions by letting someone overseas use your bank account?**
- **Does renting-to-own cost you more than it's worth?**
- **Does it pay to get your tax refund early?**
- **How do you get, check, and repair your credit report? Why should you bother?**

Tuesday, July 25, 2006 • 9 A.M. — 2:45 P.M.

AARP Brickfield Center, 601 E Street, NW, Wash., DC 20049

SPEAKERS: Consumer protection experts from the D.C. Office of the Attorney General, the Federal Trade Commission, the U.S. Attorney's Office, the Center for Financial Education, and more!

TO REGISTER:

Mail or fax your name, address and phone number by July 7 to:

Sarah Ackerstein,
Office of the Attorney General
441 4th St., N.W. Suite 450 N
Washington, DC 20001

Phone: 202-727-9624

Fax: 202-727-6546



REGISTRATION IS **FREE** AND **LUNCH** WILL BE PROVIDED

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

July events

3rd • 10 a.m. to 2 p.m.

Dwelling Place Senior Center will host a flea market at 2812 Pennsylvania Ave., S.E. Call Lisa at 202-582-7138, ext. 108 for more information.

8th • 12:15 p.m.

Celebrate ice cream month with a visit to Ben & Jerry's Ice Cream Parlor. The group will leave from United Planning Organization's Weekend Nutrition Program's offices, 1649 Good Hope Rd., S.E. For more information, call 202-610-5857 or -5900.

13th • 11 a.m.

Knox Hill Nutrition Center will host a watermelon feast. The center is located at 2700 Jasper St., S.E. Contact Evelyn Minor at 202-610-6103 for more information.

13th • 2:30 to 4 p.m.

The DriveWell program, developed by the American Society on Aging, is about driving longevity and learning ways to make the most of your driving years. Betsy Bowman will lead the group in a free discussion about driving choices. Course material is provided. It

will take place at IONA's offices, 4125 Albemarle St., N.W. For more information, call 202-895-9448.

14th • 10 a.m. to 3 p.m.

The Greater Washington Urban League's Aging & Health Services division will host an event called "*Mending your Spirit*" for residents of Ward 8 who care for a family member with Alzheimer's disease. It is being run as a day at the spa, comprised of facials, manicures, pedicures, massages, spirited counseling and more.

Breakfast and lunch will be provided, but space is limited to 40. It will take place at 2041 Martin Luther King Jr. Blvd., Suite 401, S.E. For more information, call 202-610-6103 or 04.

22nd • 12:30 p.m.

Stay updated on the bird flu at a lecture offered by the United Planning Organization's Weekend Nutrition Program. It will meet at 1649 Good Hope Rd., S.E. Call 202-610-5857 or -5900 for more information.

27th • 10 a.m.

Get your health screened, courtesy of the Greater Washington Urban League's Division of Aging and Health Services. The screening is being offered by

the Kidney Foundation. This is the first in what will be a series of screenings. It will take place at 2900 Newton St, N.E. For more information, call Vivian Grayton at 202-529-8701.

Ongoing

The Phillip T. Johnson Senior Center is running a program titled "Empowerment Through Personal Independence" this month. Every day, participants will be asked to share what allows them to achieve and maintain personal independence. Different challenges and opportunities will be discussed. The center is located at 3200 S St., S.E. For more information, please call Robinette Livingston at 202-584-4431.

IONA Senior Services co-sponsors a hot lunch program at several area locations. Each site also offers classes, speakers, trips and programs during the middle of the day. For more information, call 202-895-9448.

Volunteers are needed to escort seniors on recreational trips from the Blind & Visually Impaired Center as well as serve lunches. Call Vivian Grayton at 202-529-8701 for more information.

Mark your calendar...

ELDERFEST 2006

Thursday, September 7
10 a.m to 3 p.m.

Freedom Plaza

Pennsylvania Avenue between 13th and 14th Streets, N.W.

DISTRICT Arts and Crafters, please call Robinette Livingston at 202-584-4431 to sell your arts and crafts at ELDERFEST.

Hope to see you there!

Seeking 100

If you know someone who is 100 or older, please call the Office on Aging to make sure they are registered. The Mayor will honor all centenarians at a special luncheon. Call 202-724-5626 to register. When you call, tell us where the centenarian was in 1930.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

441 4th St., N.W., 9th Floor, Washington, D.C. 20001

202-724-5622 • www.dcoa.dc.gov

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.